

Saginaw River and Tittabawassee River Fish

Protect your family's health – Before you cook, take a second look!



Women of childbearing age, and children under 15 years old:

- **Do not eat** catfish, carp, white bass, or smallmouth bass
- **Do not eat** walleye longer than 18 inches
- **Do not eat** internal organs from fish

You can do one of the following:

Eat 1 meal per month of walleye shorter than 18 inches

OR

Eat 1 meal per month of other types of fish from the rivers not covered by the above advice

Everyone else:

- **Do not eat** catfish, carp, or white bass
- **Do not eat** internal organs from fish
- **Eat** as much walleye shorter than 18 inches as you want

Or you can do one of the following:

Eat 1 meal per week of smallmouth bass

OR

Eat 1 meal per week of walleye longer than 18 inches

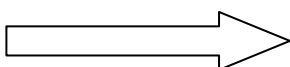
OR

Eat 1 meal per week of other types of fish from the rivers not covered by the above advice



Trim the fat off the fish to remove some of the chemicals. Cook the fish so that the fat can drain away (on a grill or rack).

For more information, contact:



Michigan Department of
Community Health, at:
800-648-6942



Saginaw County
Department of Public
Health, at:
989-758-3800



989-895-4009